



West Texas RSVP

connecting - volunteering - impacting

October - November 2018

Sponsored by: West Texas Rehabilitation Center
A Corporation for National and Community Service Program
National Senior Corps Program

Evidence-based programming and how you can be involved as an RSVP Volunteer

So what is evidenced-based programming? An evidence-based program is a program that has been proven to **produce positive outcomes** through rigorous research and extensive real-world testing. These programs bridge the gap between theory and practice, translating research into programs that make positive change in people's lives.

How can you be involved as an RSVP Volunteer in evidence-based programming? There are evidence-based programs that we hope to collaborate on with the Area Agencies on Aging in both San Angelo and Abilene. For these programs we will be looking for RSVP volunteers who would be trained and serve as facilitators. All your expenses for the training would be paid. For RSVP volunteers looking for something that would take 6 to 12 weeks to complete, this volunteer assignment is FOR YOU! Not only are you volunteering to help others, you will receive some great training that you can use in your own personal life.

There will be a limited number of openings for these volunteer opportunities. If you are interested in attending an information session to learn more please call or email the respective offices in San Angelo and Abilene.
San Angelo - Teresa Covey 325-223-6387 or tcovey@wtrc.com
Abilene - Max Ann Bowlin 325-793-3520 or mabowlin@wtrc.com

The classes are:

San Angelo

- Active Living Every Day (ALED) - 12 week course
- Walk with Ease - 6 week course

Abilene

- A Matter of Balance: 2 days of training. Class commitment is for 8 weeks, 2-3 hours each class, 2 times per week.
- Chronic Disease & Diabetes Self-Management Program: 5 days of training. Class time commitment is for 6 weeks, 2-3 hours each class, 1 time per week.
- Dementia Live! 1 day of training. 1 class that takes 2-3 hours with consumers.

Check out:

- Evidence-based programming
- Governor's Volunteer Awards
- 2018 Volunteer Awards
- Volunteer Opportunities
- Hospice of San Angelo
- Birthdays
- Miscellaneous Information
- New Volunteers
- Travel

Like 'West Texas RSVP' on Facebook, follow us on Twitter @westtexasrsvp and visit the website at www.westtexasrsvp.org!



2018 Governor's Volunteer Awards Recipients

Texas First Lady Cecilia Abbott, Honorary Chair of the 35th annual Governor's Volunteer Awards, announced the 2018 award recipients on August 15. The Governor's Volunteer Awards, administered by OneStar Foundation, honor the contributions of individuals, businesses and organizations in Texas that have made a positive impact in their communities or across the state through service and volunteering. Through her Texanthropy Initiative, Mrs. Abbott has made promoting volunteerism and service to others her primary focus as First Lady of Texas.

"There is nothing more powerful than Texans helping Texans," Mrs. Abbott said. "Whether it is through everyday volunteering and giving, or by responding to the most disastrous storm in our state's history, Texans can always be depended on to answer the call to help their neighbors. This year's Governor's Volunteer Award winners are an inspiration to us all."

West Texas RSVP nominated Linda and Ron Aten from Abilene for the Governor's Make a Difference Award. They also nominated Rust Street Ministries for the Governor's Community Leadership Award for an Organization. We are proud and delighted that they both won in their respective categories and will be receiving their awards at a ceremony at the Governor's Mansion on October 15.

National Service Make A Difference Award - Senior Corps **Linda And Ron Aten of Abilene**

Linda and Ron Aten began volunteering in the Senior Corps RSVP program in Abilene in 2001 and have since accumulated over 11,000 hours of volunteer service. Together they have served through 36 different agencies; however, it is the AARP Tax Aide Program where their major volunteer service is focused. Ron has been a tax counselor since 2006 and Linda has served as the District Coordinator



since 2011. In 2017, the Abilene District prepared over 1,500 tax returns at no cost and gave back to community residents over \$460,000 in earned income credit and \$223,584 in tax refunds.

Community Leadership Award - Organization **Rust Street Ministries of San Angelo**

In 1995, several San Angelo teens from Johnson Street Church of Christ traveled to Atlanta to serve the homeless and forgotten. When they returned home, they realized that there was great need in their own community. Thus began Rust Street Ministries, a community outreach ministry providing basic needs and life skills for those in San Angelo and surrounding areas. Through the generous support of many community partners and 23 area churches, all of Rust Street Ministries' services are provided at no cost.



2018 Volunteer Recognition Awards

Abilene

Awards presented by Steve Martin,
West Texas Rehab President & CEO



Honorary Service Award for 30 years of service -
Pete & Betty Martin



4000 Hours - Lifetime Service Award Donald
McKee (pictured) and Cris Mathies.



Dottie Beamer (8,959 hours) & Donald McKee
(4,141 hours) received the RSVP Distinguished
Service Award for service to Dyess AFB.



Pictured are RSVP volunteers serving at Dyess AFB who have over 2,500
hours of service to active and retired military members and their families.

San Angelo

Awards presented by Scott Jameson,
West Texas Rehab COO

Larry Sullivan from San Angelo was unable
to attend. He received the RSVP Distin-
guished Service Award for generously sharing
his time (5,514 hours) during disasters, in
service to military connected personnel and
many other ways.



Ray Favre received the RSVP
Distinguished Service Award
for serving 27 different agencies,
contributing 9,115 hours.
His focus is on Disaster Relief
and Meals for the Elderly.



Eddie Lee received the RSVP
Distinguished Service Award
for averaging 50 hours per
week at Rust Street Ministries,
accumulating 2,975 since join-
ing RSVP in 2014.



Ola McCorkle received the
RSVP Distinguished Service
Award for her service of 6,505
hours at Wesley Daily Bread
Soup Kitchen helping cook and
serve 40,000 meals annually.



4000 Hours - Receiving
the Lifetime Service
Award was Ann Billing-
ton (pictured) and René
Avants, & Ruth Jordan.

Volunteer Opportunities

San Angelo - For more information on these and other volunteer opportunities contact Teresa at 325-223-6387 or tcovey@wtrc.com

Sonrisas Trail - Classes at Sonrisas Trails September 10th through November 15th and volunteers are needed for the following times:

- Mondays at 9:00, 10:00, 1:00, 2:00, 3:00, 5:00 & 6:00
- Tuesdays at 9:00, 10:00, 11:00 & 1:00
- Wednesdays at 9:00, 10:00, 11:00, 1:00 & 2:30
- Thursdays at 9:00, 10:00, 11:00 & 1:00

Adult Literacy Council - Volunteer tutors needed for sessions 8:00am - 8:00pm, Mon - Thur. Also, gearing up for the BEST LITTLE BOOK SALE in TEXAS (October 18-22nd)...volunteers needed for set-up, Oct. 15-17, duration of book sale, and also tear down on Oct. 22. However you can help will make a big difference in someone's life! We're counting on you! Call RSVP to schedule a time to help make this the best book sale ever!

Tom Green County Library (33 W. Beauregard) - The library is in need of a volunteer who can teach the Computer and Internet Basics class starting in December. The class covers the basics of computer use (using a mouse and keyboard, using Windows 10 applications, managing applications) and internet use (using a browser.) It is usually held the first Wednesday of the month from 6-7:30 PM.

Meals for the Elderly - Volunteer Opportunities:

- Regular, Substitute & Emergency Drivers needed to deliver meals Monday - Friday to seniors in the San Angelo area
- Meal Distributors: Greets drivers and distributes meals 9:30 - 11:30am
- 30th Annual Christmas Open House: Sunday, December 9th - Volunteers needed for various positions

Abilene - For more information on these and other volunteer opportunities contact Max Ann at 325-793-3520 or mabowlin@wtrc.com

Frontier Texas - looking for volunteers to assist with their visitors center as greeters & travel counselors, docents for group tours, or help with special events. Volunteers may select one, two or all three positions based on their interest and time available.

Abilene Regional Medical Center - looking for new volunteers! Available positions include: Gift Shop, Front Entrance, and Women's Center Lobby. Most days and time shifts are available.

Hospice of San Angelo - Volunteers Needed

The Benefits of Becoming a Hospice Volunteer

While hospice volunteers have a tremendous impact on the lives of the patients, caregivers, and families they serve, **the volunteers themselves also benefit from the giving of their time and talents.** Hospice volunteers, particularly those who work directly with patients and families, commonly report:

- A greater appreciation for life and understanding what is truly important
- A deeper understanding and acceptance of the role of death in the process of life
- An enriched understanding of different cultures and life perspectives
- A sense of fulfillment and contribution to the community



Volunteers do not provide hands on care with patients, but volunteers can provide many services. Volunteers are commonly asked to sit with a patient to allow a caregiver to leave the home to run errands or attend an appointment. They have also walked dogs, read to a patient, reminisced over photographs, shared a cup of coffee, or simply sat in silence to provide a therapeutic presence. HO-SA volunteers frequently report that they feel like they receive more blessings than they give.

While sadness is always a factor in hospice...it isn't the only one. There is wisdom, happiness and positive reflection as well. In fact, there is great care, love and even humor in serving patients. If you have considered or are considering being a Hospice Volunteer maybe you have not committed because you need more information or have questions. Hospice of San Angelo covers 15 counties in the San Angelo area, so this opportunity is open to all volunteers residing in the Concho Valley Area. You are also welcome to bring a friend and come together.

To help you in taking the first step in your consideration of volunteering for Hospice, West Texas RSVP will be hosting an informational meeting at the RSVP office at 618 South Chadbourne on October 30, at 10:00 am. Toni Goodwin, West Texas Rehab's Hospice of San Angelo Volunteer Coordinator, will be on hand to answer your questions.

...and if you have heard the old adage "if you feed them they will come" ...well, if you have an interest in Hospice Volunteering and come for this informational meeting we will feed you lunch at the conclusion of the Question and Answer event. Reservations to attend are required so we can get a lunch count. They may be made by calling or emailing Teresa at 325-223-6388 or tcovey@wtrc.com

We will be holding a similar Hospice Volunteer session for Abilene/Big Country Volunteers in February and more information will be provided to you in the December/January newsletter...so stay tuned.

Studies show adding even 10 minutes of activity a day improves balance, agility, mental health and more. Here are a few of the many reasons why older adults should add some fitness to their routine:

- Give your heart health a boost: Exercise improves blood pressure in some people with hypertension.
- Feel less bone pain: Studies show that exercising helps reduce arthritis aches. Those who exercised experienced less pain and better joint function.
- Hold on to muscle mass: Many symptoms associated with getting older (such as weakness and loss of balance) are actually symptoms of inactivity, not age.
- Keep your independence: Improving your physical health can help you stay strong and agile as you age, allowing you to keep doing the things you enjoy with less help.
- Stay sharp as a tack: Studies have found exercise boosts memory and helps prevent dementia.



Marylène Harness
Donna Robison
Larry Davis
Mary Williams
Deborah Rinks
Jeannine Rundell
Louise Young
G. Morgan Phillips
Carolyn Madeley
Pat O'Brien
Patsy Trevino
Marjorie Green
Lexie Hollway
Brenda Tucker
Ernie Pena
Larry Howard
Warren Taylor
Julie Steely
Leroy Stockard
Don Baber
Lynn Granzin
Tammy Henry
Bette Ashworth
Ruth Rios
Lisa Taiclet
Edward Wait
Cande Erickson

Helen Estes
Gayle Moseley
Kay Reviere
Geneva Nelson
Patty Riddle
Sarah Holbert
Nancy Jobs
Pat Wicker
Mary Herbert
Jean Eaton
Dee Hall
Kathy House
Eunice Jowers
Vernell Lester
J.R. Parks
Charlene Schmidt
Doris Stockard
Cherry Kasberg
Steve Lardinois
Doyle Howell
Pete Martin
Petra Pena
Don Horner
Joann Vestal
Margaret Morrow
Karen Peiser

Joyce Dorsey
Stella Soto Lasswell
Karen Vavricka
Ruth Jackson
Kay Clay
Louis Putzel
Linda Ross
Carol Sturm
Margie Tacker
Connie Rodriguez
Jerry Townsend
Rosemary Kitchen
Troy Baker
Ann Horne
Katherine Lucas
Lydia A Perez
George Samuels
Walter Chalcraft
Gerri Fischer
Dottie Hixson
Carolyn Sunderman
Lois Calvert
Margaret Rucker
Gail Ulisney
Judy Cmerek
Arba Kruger
Bruce McLaren

James Broyles
Georgia Alice Edwards
Gretta Warren
Carl Haverland
Cheryl Key
Karlene McLaren
Deola Mitts
Allene Menke
Jim Brisbin
Mary Kay Henson
Irene Hernandez
Betty Gregory
Alice Kitchell
Hulene Magness
Darlene Smith
Janette Bradshaw
Donna Keele
Susan Woods
Beth Deegan
Gloria Henderson
Wanda Malone
Alice Piri
Mike Wheeler
Carolyn Fetzner
Marcia Walrath

You are only young once, but you can be immature for a lifetime.

They say that age is all in your mind. The trick is keeping it from creeping down into your body.

Birthdays are good for you. Statistics show that the people who have the most birthdays live the longest.

A birthday is just the first day of another 365-day journey around the sun. Enjoy your trip. Happy, Happy Birthday!

Miscellaneous Information

Please notify the RSVP office if you will be away for an extended period of time or if you move. Since West Texas RSVP uses bulk mail if something we send is undeliverable it will be returned to our office and we must pay the return postage costs.

Abilene Regional Medical Center Senior Partners Craft Fair. October 11, 2018 from 8:30am – 4:00pm in the Women's Center classrooms.

The RSVP offices in Abilene and San Angelo will be closed for Thanksgiving on November 22 & 23.

Happy Thanksgiving - Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home and a stranger into a friend.

-Melody Beattie

In Sympathy...



Alegra Baker
Joanne Bell
Darline Bride
Mavis Hinson
Mitchell Krasny
Carol Polunsky
Juanita Pruneda
Jeannie Williams

Welcome

New Volunteers

Rose Araujo
Johnny Hogue
Steve Hubbard
Gayle Miller
Sandra Morrow
Bill Phillips

Karen Rogers
Debbie Rosenbaum
Jackie Swanson
Simone Thompson
Joan Wenetschlaeger



Departing Abilene & San Angelo
Branson Christmas
November 5 - 10, 2018

Departing Abilene, Big Spring and Midland
All Aboard...Exploring East Texas
April 2 - 5, 2019

Departing Abilene, Big Spring, Midland & San Angelo
Meet Me in St. Louis - Including
Route 66 & Memphis, TN
April 9 - 15, 2019

Spring Mystery Tour
May 14 - 19, 2019

Visit Bilbrey Tours on their website for more details:

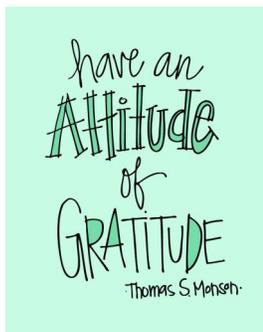
<http://www.bilbreytours.com/>

In San Angelo, call RSVP at (325) 223-6387 or email tcovey@wtrc.com
In Abilene, call RSVP at (325) 793-3520 or email mabowlin@wtrc.com

West Texas Rehab/RSVP
618 South Chadbourne
San Angelo, Texas 76903

NONPROFIT
ORGANIZATION
US POSTAGE
SAN ANGELO, TX
76903
PERMIT NO. 97

Return Service Requested



West Texas RSVP

618 South Chadbourne
San Angelo, Texas 76903
Fax: 325-655-6294

4601 Hartford
Abilene, Texas 79605
Fax: 325-793-5445

www.westtexasrsvp.org

Director Dolores Schwertner
San Angelo - 325-223-6388
Abilene - 325-793-3522
dschwertner@wtrc.com

Volunteer Max Ann Bowlin
Coordinator 325-793-3520
Abilene mabowlin@wtrc.com

Program Assistant Teresa Covey
San Angelo 325-223-6387
tcovey@wtrc.com